

RenaiSanté Institute of Integrative Medicine presents
Dr. James Meschino, D.C., M.S., N.D.

**Drugs and Nutritional Supplements:
A Head-to-Head Comparison**

**An 8-hour Continuing Education Seminar for
Chiropractors in the Atlantic Provinces**



This seminar brings chiropractors up to speed on the use of commonly prescribed medications and compares the action and efficacy of these drugs to specific nutritional supplements in regards to mechanism of action, adverse side effects, clinical efficacy and contra-indications.

Many chiropractors are aware that nutrition, exercise and targeted supplementation interventions may, in some cases, reduce or eliminate a patient's requirement for certain medications, or act as complementary agents to enhance the management of the patient's condition. This program provides an evidence-based review of this subject comparing drugs and supplements that are effective agents in the management of the following health conditions:

- High blood pressure
- High cholesterol/triglycerides
- Angina
- Congestive heart failure
- Type II Diabetes and metabolic syndrome
- Inflammatory conditions and chronic pain
- Osteoporosis
- Parkinson's disease
- Benign prostatic hyperplasia
- Acne / Rosacea
- Gout
- Menopausal symptoms
- Premenstrual syndrome and dysmenorrhea
- Headache and migraine
- Erectile dysfunction and low libido
- Dementia and memory loss
- Depression
- Anxiety
- Insomnia
- Allergies and anti-histamines
- Peptic ulcers
- Muscle spasm and muscle relaxants
- Seizures and epilepsy
- Common infections

BONUS!

You will receive the *Course Notes (printed version)* when you attend this seminar

Moncton Seminar

Sunday December 6, 2009

8 am — 6 pm

Future Inns Moncton

40 Lady Ada Blvd

Room: Fundy

(Hotel Tel: 506-869-9635)

Practitioners \$260 / \$160*

Staff \$135 / \$85*

Students with current I.D. \$ 115 / \$75*

**Early registration discount applicable if registered and paid on or before
November 27, 2009 All prices include HST*

Approvals for CE credits Granted

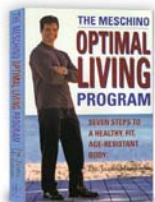
- NSCC - 8 Category A hours
- PEI Chiropractic Assn - 8 hours
- NB Chiropractor's Association - 8 hours

Register via phone, fax or email: Tel: 1-877-637-4040 / Fax: 1-888-781-3030 / seminars@meschinohealth.com

Name _____ Phone _____

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Dr. James Meschino is an associate professor (Division of Biochemistry and Physiology) at the Canadian Memorial Chiropractic College, where he has coordinated and/or lectured in the nutrition, natural medicine and biochemistry courses since 1984. He is a Fellow of the Academy of Anti-Aging Research (Pasadena, California) and served on their advisory board from 2001-2002. Dr. Meschino attained his N.D. degree from Canyon College in 2007. Dr. Meschino has authored and co-authored four nutrition/wellness books, including *The Meschino Optimal Living Program—7 steps to a healthy, fit, age-resistant body* and actively teaches chiropractors, physicians, pharmacists, nurses, naturopaths and estheticians continuing education courses related to the use of nutrition and supplementation in the prevention and management of degenerative diseases, and anti-aging research. He is a member of the postgraduate faculty of the American Council on Exercise (ACE) and guest lecturer for Continuing Education for the Canadian Memorial Chiropractic College.